



## The Okotoks Healthy Family Resource Centre/ Okotoks Family and Community Support Services (FCSS)

Are you new to the community or curious about what services are available locally? Have you had a change in circumstances, (job loss, divorce, birth of a child)? Do you require support as you face a challenging time? One visit to the Resource Centre provides information and connects you to community services that can help you to best meet your needs. The Resource Centre also offers a parent-toddler program and financial support for modest income families such as recreation subsidies, summer camp registration, and funding for school supplies. Staff from Income Support, Calgary Communities Against Sexual Abuse, and a youth substance abuse counselor also use office space at the Resource Centre.

Okotoks FCSS offers services to Okotoks residents, including a subsidized taxi program for seniors and disabled residents, a volunteer registry, and a subsidized tax preparation program.

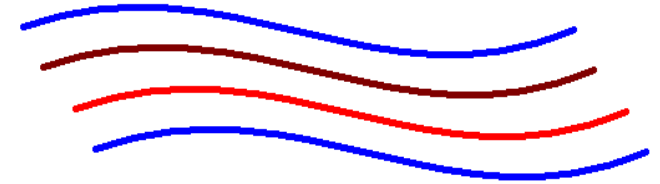
**Contact:** 403-995-2626.  
Located in the Okotoks Health and Wellness Centre, 11 Cimarron Common.

Where can I go?

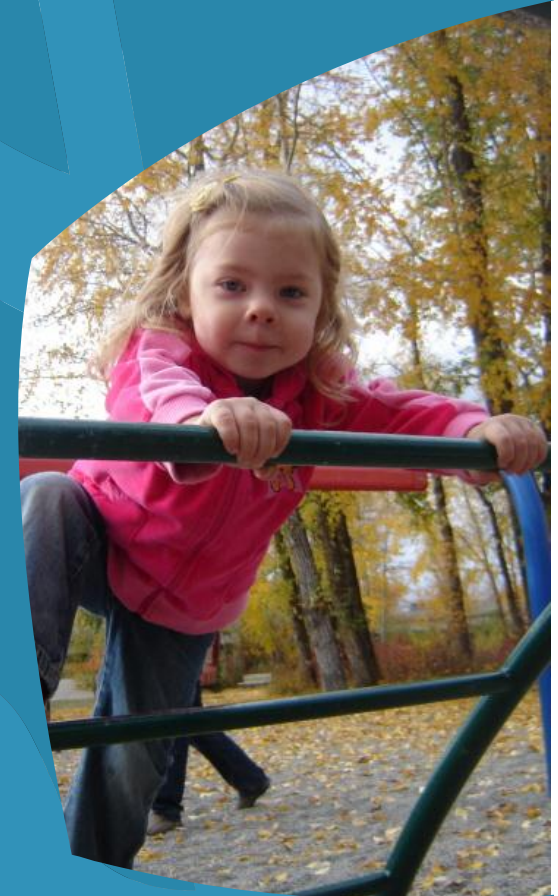
Where can I get help?

How can I help my neighbour?

Organized by:  
Missions@OAC  
Okotoks Alliance Church  
(403) 938-2614  
[www.okalliance.ca](http://www.okalliance.ca)



## Local Resources In the Okotoks Area



## Services In & Around Okotoks

### Bibles for Missions Thrift Store

**403-995-8099** Volunteer Organization  
Bay 14 - 49 Elizabeth Street Okotoks AB  
New to gently used clothing, furniture, toys, & other goods at value prices. Proceeds go to provide Bibles for third world countries.  
Pick-Up Services for nominal fee (furniture only)

### Salvation Army Foothills

**403-652-2195**  
Church / Food & Clothing Assistance / Crisis Counseling / Budgeting Classes / Christmas Hampers & Toys / Medical needs Assistance / Emergency Disaster Services i.e. floods, fires, etc. / Summer Camping @ Pine Lake Camp (Ages 7-16) / Referrals to Other Community Agencies

### Foothills Country Hospice

**403-995-4673**  
[executivedirector@countryhospice.org](mailto:executivedirector@countryhospice.org)  
The Foothills Country Hospice has become known as a place of refuge where those at the end of their physical journey can come to be cared for holistically—in body, mind, heart and spirit. Each person who works in hospice palliative care promotes an atmosphere of hope and dignity where the patient's needs, and those of their loved ones, can be met. We are proud to be part of your community, and if you need us, we welcome you into our care.

### Okotoks Public Library

Access to computers with resume templates / online free databases for job search and assistance with cover letters and resume writing / Specific collection of work related books & DVD's / Site can be accessed through Library membership or at the Okotoks Library.

### Library Seniors Outreach

Contact Elvina @ **403-938-2220**  
The first Wednesday of the month, we take an assortment of books to the Sandstone Lodge. Residents are also welcome to order specific items. We have a good collection of large print books and a variety of books on CD for your listening pleasure.



### Distress Centre

[www.distresscentre.com](http://www.distresscentre.com)  
#300, 1010 8<sup>th</sup> Avenue SW Calgary AB T2P1J2  
**403-266-1601 (Administration)**  
No problem is too small to call. Everyone has a different definition of crisis. But, no matter who you are or what you're facing, we can help. Whether it's the stress of a new job, struggling with drugs or getting over a recent break-up, our volunteers and professional staff are always there when you need someone to talk to.  
24 Hour support:  
**403-266-HELP (4357)**

### FCIS – Foothills Catholic Immigration Society

[www.ccis-calgary.ab.ca](http://www.ccis-calgary.ab.ca)  
FCIS Okotoks  
Office 8, Bay 2- Elizabeth Street  
Okotoks AB **403-938-4699**  
Services Provided  
Ⓞ Assistance with application forms  
Ⓞ Solution focused counseling/orientation, information and referrals / Outreach / Citizenship preparation classes  
Ⓞ Community integration support for newcomers and the community  
Ⓞ Connecting newcomers to the community and its resources  
Ⓞ Practice English  
Ⓞ Participate in activities  
Ⓞ Learn about Canadian customs and traditions  
Ⓞ Offers workshops, consultations, and resources to workplaces, agencies, and community groups.



### Addiction Treatment

- **Alcoholic's Anonymous**  
**403-777-1212** (24 hour line)  
If you have a problem with alcohol, "we can help"
- **Alanon**  
**1-888-425-2666** (24 hour line)  
If someone's drinking is affecting you, You've come to the right place
- **Narcotics Anonymous**  
**Helpline 403-991-3427**  
Drug problems? We can help. "We've been there too"  
<http://www.chinookna.org/home.php>

### Okotoks Food Bank Association

Okotoks United Church, 43 Riverside Drive, Okotoks, Alberta.  
**403-651-6629**. Please leave a message and your call will be returned within one business day.  
We provide emergency assistance to individuals and families in need in the Okotoks and Dewinton area. Food hampers are designed to provide enough groceries for approximately two weeks.  
**Hours:** Tues 1-3 pm  
Thurs 6:30-8 pm  
**Requirements:** any residents of Okotoks or Dewinton in need of emergency assistance are welcome to bring identification with a valid address to receive a food hamper during service hours. Emergency relief can be accessed outside regular hours by contacting the phone number. We also provide Christmas hampers and referrals to other organizations available to those in need.  
**Donations:** Drop off items at Sobeys and other grocery stores in Okotoks and monetary donations can be mailed to the following address:  
The Okotoks Food Bank  
Box 942 Okotoks, AB T1S 1B1

**Did you know:** many of the local churches have different groups that help to deal with life's challenges such as Grief care, Divorce support groups, financial planning, as well as general community support. For more info contact Graeme Rattray at 403-938-3311 / [gratray@okotoksefc.ca](mailto:gratray@okotoksefc.ca).

